

“Aging Gracefully”

By: Barbara (Bobbe) Kidrick

Hm, aging gracefully, good question and how would I define that? Certainly not in the vein of 20 years or more ago. I believe, at that time, those in the age range of 75 and up, (as I am now) were willing to sit back and take it easy. Not only were some willing to do that, many were pushed into doing it. I remember hearing “living on my laurels” many times over.

In this Century, we, of this older generation have so many more opportunities, facilities and information available to us, than did those of the previous generations, that it is mind boggling.

I have sources of information on the internet through NPR radio, in the newspapers and on television; information that my parents and grandparents could never have imagined. I see the world changing on a day to day basis and although some of the changes may not always be for the better, there will be someone to come along and fix it, sooner or later.

To me age is a relative thing. (Some of my relatives seem to lean on their age, as an excuse however!) If I believe that I am capable of doing something, then it is certainly worth trying. If I believe that there is something new out there to learn, I then say, let’s learn it. If I believe that I can make a difference, whether large or small, then I will try to do it. I do this, not for others necessarily, but for myself. If it produces positive side effects, then that becomes an added benefit. Best of all, the attitudes of most people today lets me do all of these things; we ‘elders’ are no longer put on the back burner. If I can use my experiences, talents and accumulated knowledge to help others, then I will do it, and for the most part those on the receiving end take it for how it is given, as a gift, not as a meddlesome old person, who should be sitting back ‘living on her laurels’.

Aging gracefully? It means continuing to keep busy, keeping my mind and body active, respecting the opinions and lifestyles of others while maintaining my own and most importantly, to not let my biological age be the over-riding factor in my life.